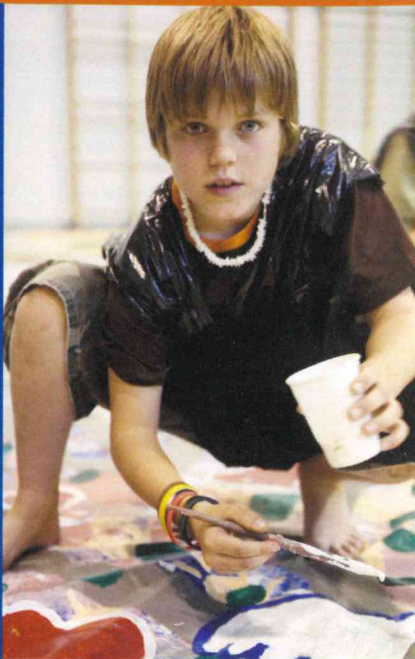


What is ProKids?

Participation
in sports and
recreational
activities
promotes
healthy child
development
and
self-esteem.



ProKids provides opportunities for kids and youth from low income families to participate in a sports or other recreational activity of their choice. Delivered through a partnership between Niagara Region, the YMCA of Niagara, and more than 200 sports and cultural organizations, ProKids matches kids with activities available in their community.

ProKids is based on research that shows that participation in sports and recreational activities promotes healthy child development and self-esteem and is linked to increased academic and social performance.



ProKids

providing recreation and cultural opportunities for children 0-18 years

For more information and to register,
call 905 984-6900 ext.3797
1-800-263-7215
or email prokids@niagararegion.ca

Niagara  Region



YMCA of
Niagara

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ProKids

providing recreation and cultural opportunities for children 0-18 years



Because
everyone
deserves a
chance to
participate

Financial disadvantage shouldn't keep anyone from participating in sports or the arts.

Who is eligible to join?

Children and youth from 0 to 18 years from families with an annual taxable income below \$40,000 are eligible to participate.

Is there a cost?

ProKids will cover up to \$100 of the cost of the activity. In cases where the cost exceeds \$100, some sports and cultural organizations will waive the additional amount.

How do I register my child?

Parents need to take the following steps to register their child in a ProKids activity:

Step 1 - Discuss activity options with your child

It's important that you take the time to discuss with your child what sport or activity he or she is interested in. Review the choices listed in this brochure, and knowing your child as you do, give them the best advice you can. Before registering your child, make sure you have decided on an activity.

Step 2 - Determine if your child is eligible

Determine if your child meets the program eligibility criteria by calling Niagara Region Children's Services at 905 984-6900 ext. 3797 or 1-800-263-7215 or email prokids@niagararegion.ca.

Step 3 - Indicate preferred activity

Advise the Children's Services representative of your child's activity of choice. This information will be forwarded to the ProKids Coordinator.

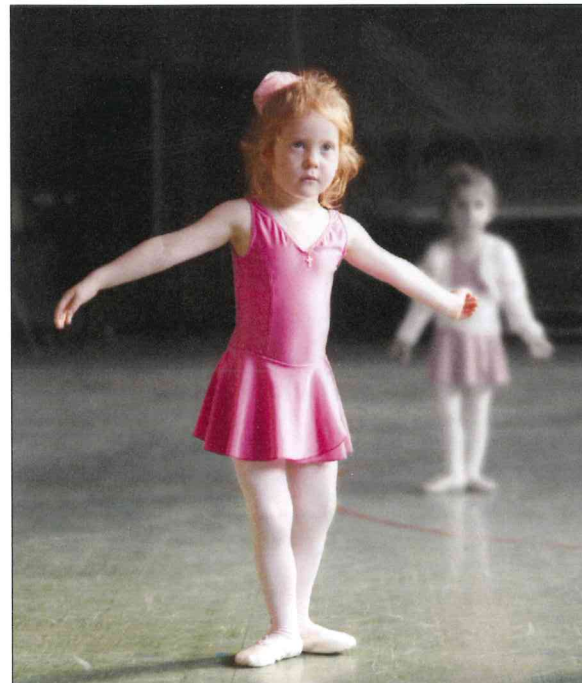
Step 4 - Discuss options with ProKids Coordinator

Once you've confirmed your child's eligibility and indicated the desired activity to Niagara Region Children's Services, the ProKids Coordinator will contact you. The Coordinator will work with you to enroll your child in the activity of their choice. If the activity is not available in your community, the Coordinator will discuss other options for you, including accessing the activity in another community or choosing an alternative activity.

Step 5 - Enjoy watching your child participate!

Actively support and encourage your child in their activity by attending their practices, games and performances.

Note: You will need to register your child each year.



ProKids partners with many sports and cultural organizations to offer the following activities:

Acting/Drama	Literacy Education
Arts and Crafts	Martial Arts
Badminton	Modeling
Baseball	MultiSport
Basketball	Music
Bowling	Parent & Tot program
Boxing	Racquetball
Cooking	Rowing
Cultural	Rugby
Curling	Scouting/Guides
Dancing/Cheerleading	Skateboarding
Fencing	Skating (ice/roller)
Fitness/Weight Training	Skiing
Football	Soccer
Golf	Special Needs Program
Gymnastics	Swimming
Hockey	Tennis
Horseback Riding	Volleyball
Jump Rope	Wrestling
Lacrosse	